

**Patent claims**

1. A sun visor (1) which can be opened out in the interior of a motor vehicle from a non-used position into an anti-glare position and which can be pivoted from a first, essentially frontal anti-glare position (position A) into a second, essentially lateral anti-glare position (position B), characterized in that the sun visor body (2) is guided by means of a guide device (3) in such a manner that, in each anti-glare position, the same flat side of the sun visor body faces the vehicle interior.
2. The sun visor as claimed in claim 1, characterized in that the sun visor body (2) is guided pivotably from the first into the second anti-glare position, on the one hand, via a rail guide (5), which is arranged on the roof lining (4) of the vehicle, and, on the other hand, via an articulated arm (12) arranged rotatably both on the roof lining and on the sun visor body.
3. The sun visor as claimed in claim 2, characterized in that the articulated arm (12) comprises two bent half arms (13), (14) which, when the sun visor (1) is opened out from the non-used position into the frontal anti-glare position, can be rotated in relation to each other about an essentially horizontal axis of rotation (22).
4. The sun visor as claimed in claim 3, characterized in that the half arms (13), (14) have two limbs (20), (21) which can be inserted rotatably one inside the other.
5. The sun visor as claimed in claim 3 or 4, characterized in that the first half arm (20) for

pivoting the sun visor body (2) from the first into the second anti-glare position is mounted rotatably about an essentially vertical axis of rotation (16) in the roof lining, and the second  
5 half arm (21) is mounted rotatably about an axis of rotation (19), which is offset parallel to the axis of rotation (16), in the sun visor body.

6. The sun visor as claimed in one of claims 2 to 5,  
10 characterized in that the articulated arm (12) can be latched releasably by means of a latching device (24) to the sun visor body (2) situated in the first, frontal anti-glare position.

15 7. The sun visor as claimed in one of claims 2 to 6, characterized in that the rail guide (5) has a guide rail (5a), which is fastened to the roof lining and is arranged horizontally essentially transversely with respect to the direction of  
20 travel, and a slider (6) which is fastened to the sun visor body (2).

8. The sun visor as claimed in claim 7, characterized  
25 in that the slider (6) is provided with a bent arm piece (7) which, when the sun visor body (2) is pivoted from the first into the second anti-glare position, can be rotated about an axis of rotation (9) which is essentially vertical with respect to the guide rail (5a).

30 9. The sun visor as claimed in claim 8, characterized in that the sun visor body (2) can be opened out from the non-used position into the frontal anti-glare position about an essentially horizontal  
35 limb (10) of the arm piece (7).

10. The sun visor as claimed in claim 9, characterized in that the arm piece (7) and the articulated arm

- (12) are in operative connection in such a manner that the sun visor body (2) can only be opened out from the non-used position into an anti-glare position if the horizontal limbs (15), (18) of the articulated arm (12), on the one hand, and the horizontal limb (10) of the arm piece (7), on the other hand, are aligned with one another.
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11. The sun visor as claimed in one of claims 2 to 10, characterized by a locking device (27) which acts in the region of the horizontal limb (10) of the arm piece (7) and releasably retains the sun visor body (2) in particular in the non-used position.
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12. The sun visor as claimed in claim 1, characterized in that the sun visor body (2) is guided pivotably from the first into the second anti-glare position via a pair of articulated arms (30), (31) forming a four bar linkage, with axes of rotation (33), (34), (35), (36) which are essentially vertical with respect to the roof lining (4).
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13. The sun visor as claimed in claim 12, characterized in that the pair of articulated arms (30), (31) on the sun visor are mounted rotatably in an articulated block (32), in which the sun visor body (2), for its part, is arranged in a manner such that it can be opened out about an essentially horizontal spindle piece (37) to open it out from the non-used position into an anti-glare position.
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14. The sun visor as claimed in claim 13, characterized by a locking device (27) which acts in the region of the horizontal spindle piece (37) and releasably retains the sun visor body (2) in particular in the non-used position.
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15. The sun visor as claimed in one of claims 12 to 14, characterized in that the articulated arms (30), (31) are in contact in the first and/or second anti-glare position so as to form an end stop.
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16. The sun visor as claimed in claim 15, characterized by a latching device (39) acting between the articulated arms (30), (31) in the region of the end stop.
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17. The sun visor as claimed in one of claims 12 to 16, characterized in that at least one joint of the four bar linkage can be overstretched in the manner of a toggle lever, overcoming a dead-center position (38), in order to lock the sun visor body (2) in the first and/or second anti-glare position.
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